

Devi Mandir

More than a place of worship

PH 905.686.8534 www.devimandir.com

SERVICES

Sunday Morning Service
10 AM - 12 Noon

Shiva Pooja
Mondays: 7 PM - 9 PM

Hanuman Pooja
Tuesdays: 7 PM - 9 PM

Durga Pooja
Fridays: 7 PM - 9 PM

Navagraha Pooja
Saturdays: 9 M - 10 AM

February 15
Pradosh Vrat

February 17
Satyanarayan Vrat

February 17
Purnima

February 20
Ganesh Chatuthi Vrat

February 24
Seetaashtami

February 26
Rishi Dayanand Jayanti

February 28
Vijaya Ekadashi

Devi Mandir Presents...

Geetanjali

Watch it every
Saturday on CHEX TV
8:30am - 9:00am

Watch it every
Saturday on CHX TV
8:30am - 9:00am

March 1

Pradosh

March 2

Shri Mahashivraatri Vrat

March 4

Amavas

March 12

Holaashtak Aarambh

March 14

Chaitr Sankranti

March 15

Amalki Ekadashi Vrat

March 17

Pradosh Vrat

March 18

Satyanarayan Vrat

March 18

Holika Dahan

March 19

Holi, Purnima & Holi Show

March 22

Shri Ganesh Chaturthi

March 25

Sheetla Saptami

March 26

Sheetla Ashatami

March 29

Papmochini Ekadashi

March 31

Pradsh Vrat

Panchak 2th - 7th & 29th - 31st

Lagan 5th, 6th Khar Maas,
Guru

श्री गणेशाय नमः

Chairman's Corner

Events



March 19th, 2011
6:30pm ~ 9:30pm



CONGRATULATIONS GO OUT TO:

- REG & STARRY HARRILAL
– 45TH WEDDING ANNIVERSARY 12TH DEC2010
- KOONJ & SAMDAYE BEHARRY
– 45TH WEDDING ANNIVERSARY 12TH DEC2010
- PAUL & NINA NANAN
– 41ST WEDDING ANNIVERSARY 11TH DEC2010.



DM Walkathon 2011

May 21st, 2011

The Devi Mandir's 9th Annual Walkathon is scheduled for Saturday, May 21st at 8:00 AM starting from the South Parking Lot of Pickering City Hall and ending at the Mandir's grounds. The

Walkathon has grown in popularity over the years and is now attracting close to five hundred people consisting of kids, mothers with baby carriages, adults and seniors from all cross sections of the community. Mayor David Ryan of the City of Pickering will be present to welcome everyone and is also scheduled to walk with

us. Durham Regional Police has generously agreed to offer adequate traffic safety escort as they have done in the past. In addition to the Walkathon being a promotion for good health, it has also generated funding for the Mandir's Community Outreach Programs, and for the first time, contributions can also be made on-line via the Devi Mandir's Website: (www.devimandir.com.)

Our Event's Coordinator, Cecil Ramnauth, is excited about this year's event and is urging everyone to bring their friends, neighbors and family to participate in a most memorable event.



Annual Golf Tournament

June 25th, 2011



Amar's 60th Birthday

Vishnu Sookar (Chairman)

As we come together to celebrate your great mile stone of reaching the age of maturity (60) there are those half your age who aren't as alert, understanding, helpful and wise as you are today.

If you look back, you can be proud of the role you have taken in the community for the past thirty years. But as you look ahead you must realize that your wisdom will benefit many occasions.

You have the vigour of men half your age and wisdom that at any age comes to very few. It is a privilege to honour you today not only on the celebration of your birthday but for also the contribution you have given to public service. You are a warm human being who has used your gifts and worldly possessions for the good of humanity. You have given much happiness to

all those whose lives you have touched.

To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living. I Hope you're pleased to look forward, pleased to look behind, and count each birthday with a grateful mind. Some say Men are like good grape juice-some turn to vinegar, but the best improve with age. Age is strictly a case of mind over matter, if you don't mind, it doesn't matter.

May you have many more birthdays on which we can toast you and say how much we love you.

My brother, I wish you a year filled with the same joy you bring to others.

May the Divine Mother keep you in good health and happiness always.

Devi Mandir's Finances

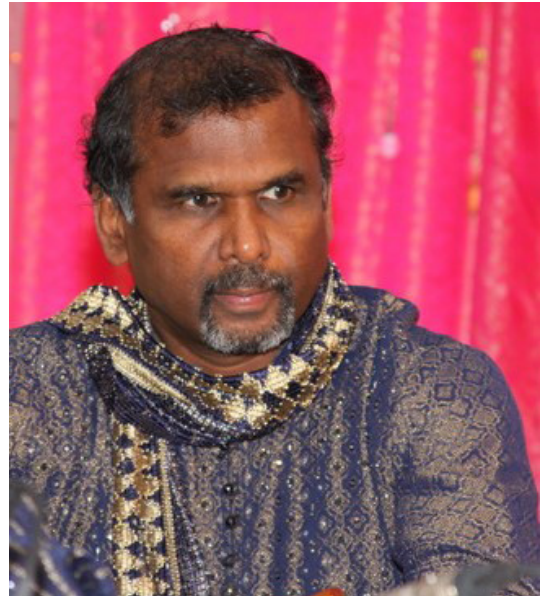
Sam Persaud (Treasurer)

The Devi Mandir's mortgage balance is currently \$744,359, and is due for renewal in September of this year. Our monthly payment is \$14,500, which is higher than required under our current amortization schedule. As a result, a significant portion (over \$11,000) is being applied to the principal balance. Based on the current payment schedule, the balance will be approximately \$640,000 when the mortgage is due to be renewed in September 2011.

We do not have a prepayment option under the terms of the mortgage. This means that we can only repay a lump sum amount of the principal on the renewal date (September 2011).

One of our members has designated a donation of \$26,000 towards the repayment of the mortgage. This amount is currently invested in a short-term instrument. We are hoping to repay at least \$75,000 in total in September (at the last renewal date in February 2006, we repaid \$80,000). This will come from our surplus cash, together with the above-noted \$26,000.

We hope that we can count on your support so that we can achieve our plan to pay off the mortgage within another five years.





Multi-Faith Tour

Nisha Prasad-Sharma (Public Relations)

World Religion Day (WRD) was celebrated on January 16, 2011 at the Garnet Rickard Community Centre in Bowmanville. This event was hosted by COFAA, which is made up of representatives from several different faith groups in Durham, in conjunction with the town of Bowmanville. Some of the honourable mentions who attended this event were Bowmanville's Mayor Adrian Foster, as well as the Chair of the Regional Municipality of Durham, and several other Municipal Mayors and Councillors.

The free event included demonstrations of diverse music, spiritual classical dance, cultural foods, and arts. This year's theme was, "Inclusiveness of people with disabilities." Christians, Muslims, Hindus and Zoroastrians participated in delivering messages based on their religious perspective of the topic. Pundit Ravi Sharma represented the Hindu faith and delivered an eloquent presentation that can be viewed on the Devi Mandir's website (www.devimandir.com). Currently WRD is held on the 3rd Sunday in January each year in several hundred locations around the globe. The purpose of WRD is to promote understanding and dialogue between

the followers of all religions, to call attention to the common foundation of their spiritual principles, and to emphasize that "Religion must be the cause of unity." Many of us have become what we always wanted - brothers and sisters of one human family.

Thus, through various events, dedicated towards encouraging the leaders and followers of every religion to acknowledge the similarities in each of our sacred Faiths, a unified approach to the changes that confront humanity can be agreed upon and then applied on an ever-expanding scale to permeate the very psyche of mankind, so that it can be made to see the whole earth as a single country and humanity its citizenry.

Mankind, which has stemmed from one origin, must now strive towards the reconciliation of that which has been split up. Human unity and true equality depend not on past origins, but on future goals, on what we are becoming and whither we are going.

All humanity must, without any further hesitation, unite as members of one family.



Pt Ravi's Presentation on World Religion Day

Inclusiveness of persons with disability.

On this special evening, I greet you all with love and respect "Namaste." Namaste, the mere greeting expresses respect for the God in you, regardless of race, color or physical appearance. This is the theme for my contribution to today's gathering.

Hinduism teaches us to embrace differences. Respect each other. We were all born with various qualities, unique in our own way. As all other religions teach, we are all God's children. If, anything, it is society that needs to be more educated about the way in which individuals with special needs are looked upon. As the saying goes "true beauty lies in the eyes of the beholder." Our religion teaches that the greatest

beauty is to perform one's duty, whether it is to give selfless love, to help others who are unable to help themselves, reducing child poverty, saying a prayer for the elderly or even holding a hand to help someone across a street.

Hindus believe that the most important achievement is self-realization, to know one's self, one's soul. Hinduism teaches that, we as a society, should look beyond the physical appearance of each other and look at the soul of the individual. There is where we will find true beauty.

My question to you is: what is the true definition of being "disabled?" Is it just someone with physical limitations? Or are we not all disabled

in some way? Friends, the person that lacks love in their lives, the individual that has no faith in God, the loss soul with no direction are all considered “disabled.” As a Hindu priest, I am faced with helping all of these types of individuals overcome their challenges.

In the Hindu faith we are taught Samadarashi, all are equal in the eyes of the almighty; or as Mahatma Gandhi said “we are Harijhan, we are all children of god”. In one of our holy texts, the Ramayan, it states:

“Bare Bhaagya Maanusha Tana Paayaa, Sura Durlabha Saba Granthanaa Gaawaa”

This means we have been given this human body as a gift from God; it is a tabernacle, a temple, a most holy shrine. Coping with a difference in life is an endless passionate journey. The path is at times smooth and at times rocky. I, myself, have nightmares about tomorrow in relation to sweet moments I enjoy today.

In Western society, health is understood as freedom from limitations. In Hinduism, it is understood as soundness of body and mind. Deviation from this balance results in illness; one commonly held belief among Hindus is that illness is instigated by bad karma. However, many Hindus consider illness simply as part of life’s ordinary experience and also as a test from God. In Hinduism your perpetual soul’s future and the quality of your rebirth and progress towards liberation depend on your actions in life, which we refer to as “karma”.

We are taught as Hindus to see our Lord Almighty in each and every one.

Siyaa Raam May Saba Jaga Jaani, Karahu Pra-naam Jori Juga Paani.

This means we see the Lord in each and every one. The Lord permits us to see him struggle with the physical form. He permits us to see apparent physical suffering and limitations of the physical form.

In conclusion, those with special needs must resist the tendency of feeling disheartened by some people who will try to disable them by their actions and by their perceptions of them. You must commit yourself to live and to resist the temptation to be depressed. You will find that joy provides greater energy than does sorrow.

My message is about both fear and happiness. The message displays my beliefs as I have lived them. I believe that our tenets about our disabilities imprison our abilities to move beyond them. Remember, you are you, and you have been born to fulfill God’s special duty; so be the best you can be while fulfilling that duty.

Thank You.





Baal Vikas

Dev Ramkallie (Student of the 'Red Group')

It was about 4 years ago when the first set of children walked into the auditorium eager to see the brand new Baal Vikaas class of the Devi Mandir. I was one of those children and I am very happy that I took advantage of that opportunity.

The class runs from September to June, similar to a regular school year, every Sunday morning from 10.45 to 11.15 am. The Baal Vikaas class is been coordinated by parent volunteers who devote their time to teach us about our great religion. Currently, we have 92 children that regularly attend. The class is divided into three groups. There who are between 5 to 8 are classified as the 'White Group', ages 9 to 11 as the 'Yellow Group' and ages 12 to 14 as the 'Red Group'. We have well educated and knowledgeable teachers assigned to each group and volunteers to assist the younger children. We learn about the religion by following a curriculum, and a Handbook that is being used by other Hindu organizations around the world. The pandits take turn to present to us lectures on religion and teach us mantras.

At Baal Vikaas, we do not only learn about religion, but also about moral values, respect for other human beings, respect for ourselves and

for Mother Earth. We are taught and encouraged by our teachers, pandits and peers, to apply our knowledge in our daily lives and to be proud Hindus. We are encouraged as children to help each other, help seniors, and our community as a whole.

The children of the Baal Vikaas class are given an opportunity to perform in shows at the Mandir. There is an award ceremony at the end of the year where we showcase some of the things we have learnt and are presented with a certificate and medals. As the children from the 'Red Group' complete the program, they move on to a leadership program called the DM Youth.

Without the support of the executive members of the Devi Mandir and the parent volunteers, we would not have this privilege to learn such in-depth studies of our religion. If I may speak for the other children, we are all thankful for this opportunity to be in a structured learning environment at the Devi Mandir. I would like to personally encourage the children who have never attended the Baal Vikaas to come and join us and I would like to ask the parents to encourage their children to take advantage of this unique opportunity.



Cecil Ramnauth Retirement

Vishnu Sookar (Chairman)

This evening we have gathered to give praise to God and thank him for blessing Cecil and his family on this memorable day. My dear friend, whether you are seventeen or sixty seven, the heart is the source of wonder, enthusiasm, joy and appetite for adventure. You are as young as you allow yourself to be. Age is not a time of life; it is a state of mind.

You have earned your retirement for the many years you performed your work and represented your profession in such an enthusiastic and efficient manner.

It is fitting that your retirement is not permitted to pass without paying out tributes of respect, appreciation and affection.

Cecil, as your professional life comes to a pause and you savor your accomplishments and experience, a new opportunity knocks on your door to expand your service to your community.

My relationship and love go back many many years with Cecil and his family. As a matter of fact his wife (Naz) and I were school mates in Trinidad. It was my pleasure to welcome Cecil to the Devi Mandir and to him eventually joining the BOD of this outstanding organization,

the Devi Mandir.

His approach to serving his community comes with great pride and desire to continue to make an example for all organizations to follow. He is so proud of our accomplishments in religion and culture and the respect we have achieved in this great City of Pickering, The Durham region ,Canada and of course, the world over. Cecil, to be granted some talent and to use it to the fullest extent possible – this to me is a kind of joy that is almost unequaled. You are the one who recognizes the challenge and does something about it. I thank you for that.

As you continue on your path in community service your accomplishment is something to be extremely proud of.

Cecil your work has just begun. May the Divine Mother continue to bless you and give you the health ,strength and happiness so you can continue to do good works that are pure and lasting.

Congratulations.



Tribute to Pt. Munelal on 20 Years of Community Service

Vishnu Sookar (Chairman)

I would like to begin by acknowledging the Canadian Hindu Arts & Cultural Society for organizing this day as we honour Pt Munelal for his 20yrs of community service as an Ambassador in the promotion of Hinduism throughout this world. To Nirvan and your group--- congratulations for your vision in seeing this event as an important stepping stone in recognizing one of our own for his selfless service to our community.

The Devi Mandir in particular is extremely happy to be part of this celebration because it is at our Mandir where Pt. Munelal started his journey in public service in a foreign land. In 1989, he was an accomplished musician ac-

companying the now external affairs minister of T&T, Mr Suruj Rambachand on his many visits to the Devi Mandir to perform yagnas.

Pt Ji used his music and lectures as the universal line of communication linking us with one another. He spoke to us in a way which transcended the boundaries of any one group. The times in which we live call for the strengthening of every bond of unity, while we respect our differences. Pt Ji your music & lectures are but another expression of the eternal effort of a man to enrich his world. Your success in life has nothing to do with what you gain in life or accomplish for yourself but it is what you have done and continue to do for others.

With music as a catalytic agent, you have demonstrated harmony and brotherhood – inter-faith in action. One of your many benefactors is the Devi Mandir for which you have conducted many fundraising events that helped us through some of our most difficult days. Pt Ji on behalf of our membership I thank you so much for that.

As our resident priest for about 2 yrs you have helped to put us on the path to respectability, and contributed heavily to the development of our youths. You have given our congregation a great love for your lectures, and accompanied by your creative ways of blending your music, you have always created an atmosphere of harmony. From there we grew into one of the most admired organizations in the promotion of our Dharma and culture here in Canada.

Your compulsion to excellence assures excitement. Although some people may have greatness thrust upon them but very few have excellence thrust upon them. As you challenge yourself to exceed self imposed and other limitations, you take a step beyond the normal, as God does not want us to do extraordinary things; he just wants us to do ordinary things extraordinarily well. When people perform the common things in life in an uncommon way the world sits up and takes notice I believe these words exemplifies the person you are.

You have joined a select few (Pt Ramdath Vyas, Professor Anand Rambachand, the late Pt. Prakash Goosai) who are permanently etched

in the hearts and minds of our membership of the Devi Mandir.

In celebration of your 20th anniversary serving our Dharma, a plaque will be installed on the walls of our Mandir on your next visit there, for future generations to remember your place in the history of the Devi Mandir.

In conclusion, on behalf of the Devi Mandir, the City of Pickering and the Mayor of Pickering, I would like to express our appreciation for your distinguished services to lovers of our Hindu Dharma. There has been tremendous growth in our Dharma and Culture over the years and in that growth Pt Ji you played a significant part.



The Kolkata Memorial project has meaningful significance to millions of descendants of those who left India as indentured Indian labourers from 1834 thru' 1920.

The plan to begin with the installation of the inauguration plaque on January 11, 2011 followed by the memorial museum and resource center, has been received with enthusiastic support from all corners of the global Indian Diaspora. Congratulation to Mr Ashok Ramsaran along with nationals of other countries for this momentous achievement.

Health Corner

Are You Killing Your Knees? - RealAge

When was the last time you skinned your knee? It's probably been a while since you experienced this commonplace ailment of rough and tumble youthful times. But even if your grown-up ways have made frequent knee scrapes a thing of the past, your habits in adulthood could still be damaging your knees. The only difference now is that the damage may be a little harder to see.

We put an enormous amount of mechanical stress on our knees on a daily basis. And, typically, the knee is designed to take it. However, certain bad habits could be shortening the life of your knees and opening the door to chronic pain and disability.

The way you stand, walk, and move can have a tremendous impact on the health of your knee joints. Taking time now to evaluate some basic choices, such as your stance, your shoes, and your level of overall health and fitness, may help you side-step debilitating knee conditions like osteoarthritis and help keep your knees healthy, inside and out.

Ask yourself the following five questions and find out if you're being nice to your knees.

1. How much weight are you carrying?

Your knees bear the brunt of your body weight, so it's crucial that you maintain a healthy body

mass index (BMI). Every extra pound you carry adds up to 3 pounds of pressure on your knee joints when you walk, and 10 pounds when you run. So, if your BMI is 25 or more, you may be compromising the health of your knees. In fact, obesity is one of the biggest risk factors for developing osteoarthritis because it speeds the breakdown of cartilage. Dropping extra weight -- particularly body fat -- may be the single most important thing you can do to reduce the risk of developing a serious knee problem. In a study reviewed by the National Institutes of Health, overweight people who lost an average of 11 pounds cut their risk of osteoarthritis in half. Calculate your BMI [here](#).

2. Are you exercising?

Regular exercise is essential to maintaining knee strength. Without it, your muscles weaken, leaving your joints without ample support and leaving your muscles, bones, tendons, ligaments, and joints vulnerable to misalignment.

Your best bet is to choose activities with a low risk of knee injury. A knee injury can double the risk of developing osteoarthritis. Daily moderate exercise is much better for your joints than occasional strenuous exercise. Focus on low-impact activities that build stamina, strength, and flexibility, such as yoga, walking, biking, swimming, and weight lifting. These

types of exercise can help enhance circulation, improve your range of motion, and build the muscles that surround the knee joints. One study revealed that a relatively small increase in quadriceps strength (20%–25%) can lead to a 20%–30% decrease in the chance of developing knee osteoarthritis. Aim for a minimum of 30 minutes of exercise on most days of the week.

Knee-Friendly Exercises

Water workouts provide low-impact resistance and add a strength-training aspect to aerobic exercises such as walking or jogging.

T'ai chi can help increase your range of motion, lengthen your muscles, and make your ligaments and tendons more resilient.

Isometric exercises and yoga strengthen core body muscles as well as leg muscles that support the knee.

3. Are you overusing some muscles and joints?

Staying active is one of the best things you can do to protect your knees, but you should avoid repetitive strain on muscles and joints. For example, repeatedly engaging in the same activity -- whether for work, recreation, or exercise -- may loosen tendons or damage cartilage and eventually lead to injuries and possibly even arthritis.

Determining if you are overusing a joint requires listening to your body. When you feel pain or discomfort during or after exercise, household chores, or other activities, don't ignore it. Take a break and consider ceasing the activity altogether until you can perform it without pain. In the meantime, stay active by focusing on other activities that do not stress the injured joint. If the pain does not go away in 2 weeks, see your healthcare provider.

To help avoid overuse injuries, spend 5–10 minutes warming up before you exercise and another 5–10 minutes cooling down afterward.

